



small steps

**big rewards**

## **Diabetes Prevention and Control**

**March 28, 2005**

**7:30 a.m. to 4:00 p.m.**

**Crowne Plaza Hotel**

**2532 W. Peoria Avenue**

**Phoenix, Arizona 85029**

**Phone (602) 943-2341**

**[www.crowneplaza.com/phx](http://www.crowneplaza.com/phx)**



## Purpose:

To share information with health professionals on the most recent recommendations on diabetes prevention and control which they can apply to their practice.

## Objectives:

Recognize different manifestations of oral disease commonly found in patients with diabetes.

Learn skills to develop an effective program in the Hispanic community.

List techniques in motivating high risk Hispanic patients in making positive lifestyle changes.

Describe pharmacologic and non-pharmacologic therapies for treating insulin resistance.

Avoiding the complications of diabetes through nutrition and lifestyle.

Understanding the role of carbohydrates and neurotransmitter production and the role of omega-3 fats and brain health.

## Free Admission:

### CME's (prescribed credit hours by AAFP)/CEU's for:

Physicians, R.N.'s and R.D.'s

### CDE's for:

Dentists, dental assistants and dental hygienists

# SMALL STEPS, BIG REWARDS – DIABETES PREVENTION AND CONTROL

## Symposium for Health Professionals

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<b>7:30-8:30</b>	<b>Registration</b>
<b>8:30-9:00</b> Raul Muñoz	<b>Welcome</b> Deputy Assistant Director, Prevention Services, Arizona Department of Health Services (ADHS)
Magda Ciocazan	Program Manager, Diabetes Prevention and Control Program, ADHS
Linda Wallace	Chair, Arizona Diabetes Advisory Council
<b>9:00-10:00</b>	<b>Session 1:</b> <i>Diabetes and Oral Health</i> <i>The Two Way Relationship</i> D. Todd Smith, DDS, MSD
<b>10:00-10:15</b>	<b>Break</b>
<b>10:15-12:30</b>	<b>Session 2:</b> <i>Pre-Diabetes in the Health Care Setting</i> Cecilia Chapman, RD, CDE, CLE Yolanda Konopken, RD, CDE Jennal Johnson, RNC, MS, FNP, BC-ADM, CDE
<b>12:30-1:45</b>	<b>Lunch on your own</b>
<b>1:45-2:45</b>	<b>Session 3:</b> <i>Combating Diabetes Through Nutrition and Lifestyle</i> <i>Sweet Tooth, Bitter Harvest</i> Neal Nedley, MD
<b>2:45-3:45</b>	<b>Session 4:</b> <i>Depression and Diabetes</i> <i>Nutrition and the Brain</i> Neal Nedley, MD
<b>3:45-4:00</b>	<b>Evaluation</b>
<b>4:00</b>	<b>Adjourn</b>

#### **G. TODD SMITH, DDS, MSD**

Dr. Smith graduated from the University of Washington School of Dentistry in 1979 and since then has served in the USPHS Indian Health Service. He received his certificate in Periodontics and his Masters of Science in Dentistry at the University of Washington in 1993. He is the IHS National Consultant in Periodontics, and is Board Certified in Periodontics. He currently manages a program for the dental treatment of people with diabetes, of which almost 2300 have been enrolled, and divides his time between clinical periodontics and periodontal consultation, training, and treatment throughout the Phoenix Area and the Indian Health Service.

#### **YOLANDA P. KONOPKEN, RD, CDE**

Yolanda P. Konopken, RD, CDE has been active in the field of health and nutrition education for about 30 years. Specialties include program development and implementation in the fields of diabetes education and prevention, family nutrition programs, and promoting cultural sensitivity of the Hispanic community. Active memberships include the American Dietetic Association, the American Diabetes Association, the American Association of Diabetes Educators, and Toastmasters International. She is a graduate of the University of California, Berkeley.

#### **CECILIA CHAPMAN, RD, CDE, CLE**

Cecilia R. Chapman is a registered dietitian, certified diabetes educator and a certified life style counselor working in community public health nutrition as a nutrition and project consultant. One of Ms. Chapman's focus is to promote wellness and prevention in diabetes, cardiovascular disease, fitness, and obesity prevention while working in the Family Diabetes Program at St. Vincent de Paul's Free Medical and Dental Clinic. Cecilia Chapman received her B.S. in Nutrition Administration degree from Texas Woman's University in Denton, Texas and completed her dietetic internship at Mt. Auburn Hospital in Cambridge, Massachusetts, a Harvard teaching hospital. She passed her dietetic registration exam in 1995 and has currently met her requirements and passed the national exam to be certified as a diabetes educator. Ms. Chapman received her life style counseling certification from the American Association of LifeStyle Counselors at the Cooper Institute in Dallas, Texas.

#### **JENNAL L. JOHNSON, RNC, MS, FNP, BC-ADM, CDE**

Jennal Johnson is an endocrinology nurse practitioner and a certified diabetes educator. She graduated from West Suburban Hospital School of Nursing (Oak Park, IL) and received her masters' degree and nurse practitioner certificate from Arizona State University in 1989. She's been employed by Endocrinology Associates (offices located in Phoenix and Scottsdale) for the past 5 years. Prior positions include providing primary care services while specializing in diabetes at a rural health center in southern Virginia, developing and overseeing a hospital-based diabetes center in southern Missouri and participating in medical research at the Phoenix VA Medical Center. She frequently speaks to professional groups and has authored numerous diabetes-related publications.

#### **NEAL NEDLEY, MD**

Dr. Nedley is a private practice Internal Medicine physician, and the past medical director and guest staff of the Lifestyle Center of America, where he teaches the Depression Recovery Program and is part of the Wellspring Diabetes Program staff. Dr. Nedley is the author of "Depression Recovery Program" (2004); "Depression: The Way Out" (2001); "Proof Positive: How to Combat Disease and Achieve Optimal Health through Nutrition and Lifestyle" (1998) a textbook including the latest evidence-based research from peer-reviewed journals. Dr. Nedley's unique comprehensive approach to the treatment of diabetes and depression speaks to the success of the programs. Half of the persons with diabetes who have gone through the programs have been able to get off insulin and 95% have achieved adequate control of their diabetes. Ninety percent of the patients with depression have successfully withdrawn from medication and experienced no relapse. Dr. Neal Nedley graduated from Loma Linda University, School of Medicine in 1986 and pursued internship and residency training at Kettering Medical Center and Wright State University in Dayton, Ohio. Dr. Nedley lives in Ardmore, OK with his wife and four boys.